



SEPTEMBER 2020

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



Healthy Lifestyle Program 2021

Typically this time of year we are gearing up for the City's Healthy Lifestyle Program and asking you to schedule your annual biometric health screening either onsite, at the City of Bryan/BISD Employee Health Center, or through your personal medical provider. Due to COVID-19, and in an effort to refrain from hosting onsite screenings or inundating the local healthcare system in a short time frame, Risk Management is making a one-time adjustment to the Healthy Lifestyle Program for 2021. Please see the categories listed below and determine which one you currently belong to in 2020. Based on your current (2020) Healthy Lifestyle Program status, follow the steps listed to ensure you continue receiving the discounted premium in 2021. If you are unsure of your participation status, please contact Risk Management at 979-209-5050 or email lward@bryantx.gov. If you are not planning to be enrolled in the City's health plan in 2021, no further action is needed.

Currently (in 2020) participating in the Healthy Lifestyle Program

In order to continue receiving the discounted health premium rate in 2021, you must do the following by December 1, 2020:

- Log into mycigna.com and complete the health risk assessment in its entirety. Instructions can be found [here](#). No proof of completion needs to be submitted as Risk Management receives a weekly completion report.
- Log into the [City's Learning Management System](#) and view the short video about healthcare consumerism. The video is listed under assigned training. You must view the entire video to gain credit.
- No biometric screening (bloodwork and vitals) is required this year.

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Healthy Lifestyle Program 2021 continued...

Currently (in 2020) NOT participating in the Healthy Lifestyle Program*

If you would like to begin receiving the discounted health premium rate in 2021, you must complete the following by December 1, 2020:

- Request a Healthy Lifestyle packet from Risk Management by calling 979-209-5050 or emailing lward@bryantx.gov.
- Schedule an appointment to have your biometric screening done through the City of Bryan/BISD Employee Health Center or through your personal medical provider.
- Log into mycigna.com and complete the health risk assessment in its entirety. Instructions can be found [here](#). No proof of completion needs to be submitted as Risk Management receives a weekly completion report.
- Log into the [City's Learning Management System](#) and view the short video about healthcare consumerism. The video is listed under assigned training. You must review the entire video to gain credit.
- Complete a follow-up appointment if required based on your initial biometric screening results and return signed follow-up slip to Risk Management by December 11, 2020.

**If you are currently a non-participant and would like to continue as a non-participant for 2021, you do not need to complete the list above.*

Whether you are a Healthy Lifestyle Program participant or not, Risk Management strongly encourages you to continue your preventive wellness checks and routine follow-up appointments for chronic disease despite the change in program requirements for the upcoming plan year. Visit with your medical provider to determine what preventive exams may be appropriate for you.

Easy Salmon Cakes

If you are trying to boost your intake of omega-3s, try this simple favorite. It is a great way to use convenient canned (or leftover) salmon. The tangy dill sauce provides a tart balance.



Ingredients

- 3 teaspoons extra-virgin olive oil, divided
- 1 small onion, finely chopped
- 1 stalk celery, finely diced
- 2 tablespoons chopped fresh parsley
- 15 ounces canned salmon, drained, or 1 1/2 cups cooked salmon
- 1 large egg, lightly beaten
- 1 1/2 teaspoons Dijon mustard
- 1 3/4 cups fresh whole-wheat breadcrumbs
- 1/2 teaspoon freshly ground pepper
- Creamy dill sauce, (recipe follows)
- 1 lemon, cut into wedges

Creamy Dill Sauce

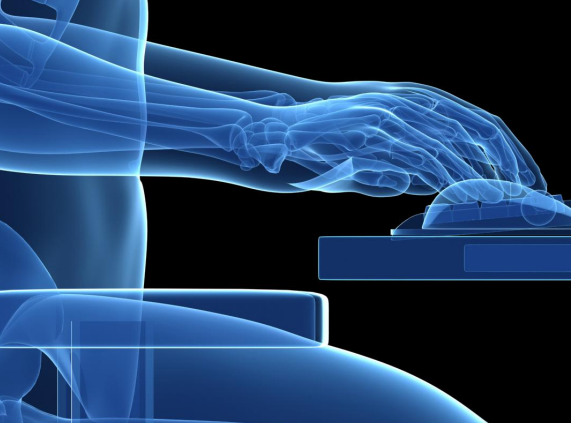
- 1/4 cup reduced-fat mayonnaise
- 1/4 cup nonfat plain yogurt
- 2 scallions, thinly sliced
- 1 tablespoon lemon juice
- 1 tablespoon finely chopped fresh dill
- Freshly ground pepper to taste

Combine mayonnaise, yogurt, scallions, lemon juice, dill and pepper in a small bowl and mix well.

Directions

1. Preheat oven to 450 degrees. Coat a baking sheet with cooking spray.
2. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and celery; cook, stirring until softened, about 3 minutes. Stir in parsley; remove from the heat.
3. Place salmon in a medium bowl. Flake apart with a fork; remove any bones and skin. Add egg and mustard; mix well. Add the onion mixture, breadcrumbs and pepper; mix well. Shape the mixture into 8 patties, about 2 1/2 inches wide.
4. Heat remaining 1 1/2 teaspoons oil in the pan over medium heat. Add 4 patties and cook until the undersides are golden, 2 to 3 minutes. Using a wide spatula, turn them over onto the prepared baking sheet. Repeat with the remaining patties.
5. Bake the salmon cakes until golden on top and heated through, 15 to 20 minutes. Meanwhile, prepare Creamy Dill sauce. Serve salmon cakes with sauce and lemon wedges.

<http://www.eatingwell.com/>



AVOID THE SIDE EFFECTS OF SITTING

Do you spend most of your day sitting? If you have a desk job, a typical day might look something like this: Commute 30 minutes to work. Sit at a desk for eight hours. Drive 30 minutes. Eat dinner. Watch TV for three hours. The time you spend sitting adds up fast, and it can be a big risk for your health.

Sitting hazards from head to toe

It's hard to believe that something as harmless as sitting in a chair can have such a huge impact on your health. But the good news is, you have the power to improve your health by making a few small changes every day.

Here's how sitting takes a toll on your body, and what you can do about it.

Brain fog: Too much sitting can be a drain on your thinking skills and memory.

Try this: Go for a power walk if you're feeling sluggish.

Neck and back pain: Sitting puts a lot of stress on your back, neck and spine.

Try this: Use good posture to keep your head and neck in alignment. Avoid tilting your head down and hunching over when looking at a computer screen or smartphone.

Risk of major diseases: A sedentary lifestyle can increase your risk for heart disease, obesity, diabetes, cancer and even an early death.

Try this: Aim for 30 minutes a day of exercise to get your heart pumping and prevent disease.

Belly fat: Extended sitting can lead to excess body fat around the waist.

Try this: Take the stairs and find other ways to add movement to your day.

Stiff muscles: Sitting tightens the hip flexors and hamstring muscles. This can increase your risk of falling or getting injured.

Try this: Stretch or do yoga poses (bend forward and reach for your toes) to help increase your flexibility.

Poor circulation: Lack of movement raises your risk of deep-vein thrombosis (life-threatening blood clots).

Try this: Get up and move to promote good circulation. If sitting can't be avoided, keep the blood flowing by flexing your ankles, calves and thighs.

Sources

- Cigna VitaMin
- University of California-Los Angeles
- Harvard Health
- Mayo Clinic



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)

Friday 7:30 am-3:00pm (open Noon-1pm)

Saturday 8:00 am-Noon (September-April)

Walk-ins have been suspended temporarily.

Call 979-821-7690 for an appointment!

Questions or concerns?

Email CityofBryanHealth@st-joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

Wellness Coordinator

979-209-5050

lwarde@bryantx.gov

<https://wellness.bryantx.gov/>